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# Happiness!

What it is and how to get it

A collection of received wisdom, contemporary responses and practical advice in short essays, video and animated cartoons.



## Sim•cha

| *sim-ḥah* | *noun* happiness, joy.

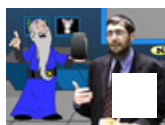
A celebration of life  
in gratitude for its gifts.

Received wisdom and with-it advice in words, video and animated cartoons



### Eighteen Joyous Teachings of the Baal Shem Tov

Translated by Tzvi Freeman



### KabbalaToons LIVE!

Video | 32:06

Words from the Creator of the Animated Series

By Tzvi Freeman

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### Why Celebrate?

Video | 2:21

By Tzvi Freeman

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### Why Be Happy?

Video | 2:14

By Tzvi Freeman

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### Higher Than Angels

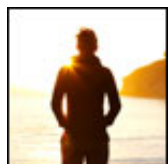
Video

By Tzvi Freeman

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### Can Judaism Be Fun?

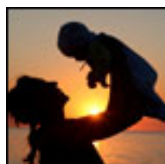
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### Happiness Is Being There

About the one act in life that is perfectly still

By Tzvi Freeman

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### Happiness is Not Being There

Eve, Noah, Sarah and the Key to Letting Go

By Tzvi Freeman

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### Judaism is Getting Burdensome

The case for climbing slowly

By Tzvi Freeman

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### The Kabbalah of Dips, Downs and Transformations

Take advantage of the roller coaster of life

By Tzvi Freeman

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### Why Did G-d Give Me Depression?

By Tzvi Freeman



### How Can I Be Happy?

By Aron Moss



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## Humility & Happiness

—How the ego conflicts with true joy

Translated by Tzvi Freeman

12 Comments



## Guilt & Happiness

—Let the ecstasy override all else

From the teachings of Rabbi M. M. Schneerson (The Tzemach Tzedek)

1 Comment

## Tanya, Chapter 33

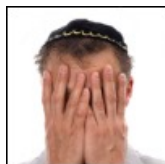
The joyous chapter

Rabbi Schneur Zalman of Liadi; as rendered by Tzvi Freeman



## The Chassidic Approach To Joy

By Shloma Majeski



## Guilt, the Party-Pooper

Coping with that nagging sense of failure

By Tzvi Freeman

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